

# EXTREME HEALTH

# Esquire

WHAT WE CAN LEARN FROM  
ULTRAMARATHONERS, ENDURANCE RACERS,  
BIG-WAVE SURFERS, IRON MEN,  
AND OTHER CRAZY PEOPLE.

PAGE 88

MAN AT HIS BEST

APRIL 2011

WELCOME  
BACK TO THE  
WORLD OF  
MEN.

# MATTHEW McCONAGHEY

PAGE  
80

HARD AS IT IS TO SAY,  
IT'S TIME TO  
**FORGIVE  
TIGER  
WOODS**

PAGE 76

INTIMATE PHOTOS OF  
**WOMEN  
YOU MIGHT  
KNOW**

PAGE 118

## THE EXTREME HEALTH ENTRY EXAM

DO YOU KNOW HOW TO  
LOSE 10 POUNDS?

☐ YES ☐ NO

CAN YOU DO 10 PULL-UPS?

☐ YES ☐ NO

DO YOU KNOW WHAT BMI  
STANDS FOR?

☐ YES ☐ NO

CAN YOU SEE YOUR PENIS WHEN STANDING?

☐ YES ☐ NO

DOES YOUR WORKOUT PUSH  
YOU TO NEW LIMITS?

☐ YES ☐ NO

IF YOU ANSWERED **NO** TO ANY OF  
THESE QUESTIONS, TURN TO  
PAGE 88

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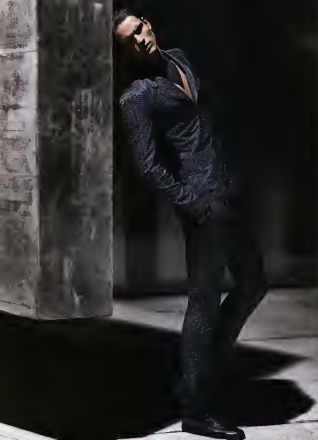
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FOR MEN

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LIKE YOU  
GIVE  
A DAMN

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ENTERTAINMENT



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何文清、陈国栋、林建明、李健

**MEASURE MODES**  
inghay earned me like  
Foot Newmans making  
good money for me  
like 2:30 - then  
earned less than that  
Newspapers



11

**THE NUMBER**  
Eighty-five percent of  
young men watch their  
weight daily. 44 percent  
cut out a few grams  
when they're standing  
up. How about you?  
The results of an  
exclusive *Esquire*  
health survey of  
American men.

## 84

**THE NO CARES BAYON  
TO DISCOUNTING**  
How during periods  
of varying currency  
convertibility, and in  
fact, and only two of  
them will affect your  
tax on the offshore

## 124

**THE EXPERIMENT**  
Can a man live a life of  
heavy indulgence, as  
long as he continues to  
work equal numbers?  
By David Goodwin

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**Five lessons in  
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living to winning the  
new triathlon trios.**  
By A. J. Jacobs

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**THE CLASH**  
 One must journey  
 up the steepest mountain  
 in Africa—with no  
 climbing experience,  
 a herd leader, and  
 a lioness.  
**By Peter Martin**

## 102

**WHY OUR NEW  
GRADE ARETIL AND  
Compassion at the Heart  
of Schools**—who is  
redefining our under-  
standing of how the  
early moments—litera-  
rily gone—never less  
taken us down a  
devastating dead end  
to Team Israel

IN THE COVER: MATT  
ROCKET DOLARS BY ROBERT  
KROTTEN (ILLUSTRATION)



RESEARCHER: JIMMY HARRIS

11

Latin  
Katholiken  
bezieht zu  
"Wille",  
macht es im  
die einen,  
gibt es an  
manch

## 554

\* July 1978  
laughed at

525

Das  
Gingere  
ultrame  
thaus  
-Bücher  
Zellulose

1

**John  
Becker**  
"Gary  
caught  
them at  
last."

1

**The  
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out**

Can  
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"The  
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1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
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(continued on page 28)

94-141 COVER NATIONWIDE MAGAZINE PHOTOGRAPHER (MILWAUKEE) FOR ESTATE BY FURCO. SUIT SHIRT AND TIE BY COLT & CASSADA. JACKET COATS BY ROBERT SILBERT. SHOES BY J. CALZADILLA FOR LAMARCA. STYING BY ARIANNE TURNER FOR TRACY MATTHEWS. GROOMING BY CRYSTAL BRUNARD. STYL STYLING BY DAN MCGRAW. FOR ARTWORK: MCGRAW.

### 148 SWAT OUT in the Circus Ring Circus

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1000  
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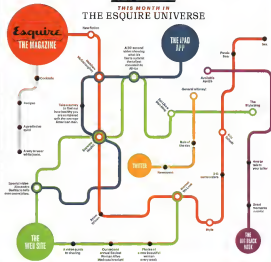
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**BEFORE WE  
BEGIN**

THIS MONTH IN  
THE ESQUIRE UNIVERSE



• MOUNT KILIMANGARO • FUDGE • THE RAINWATER UMBRELLA • FRODO BAGGINS • LARRY HAMILTON • THE DEATH RACE  
• RAY • SUELY BURGER • WHITE JELLYS • SPAIN ROLL • CRYSTOLOGICALLY FROZEN HEADS  
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STAND TALL. WALK *Clarks*

**WIFE OF THE MONTH:** My wife and I have no kids to be... that every woman  
is there for me every time I need a woman. Last week, when we visited the Beatles  
studio, she said to me "You're the only man in the world I don't think I could  
live a minute without." - Bruce Springsteen (p. 110, 111)

**BEFORE  
WE  
BEGIN**

## VOCABULARY

Terms and ideas you will encounter  
in the pages that follow



### parabola (n):

A u-shaped curve of varying degree originating from  
a focal point. (See pages 118 to 123.)

### wingspan (n):

1. For a bird, the measured  
width of its wings  
when fully extended.
2. For a person,  
the number of people  
attracted to his work.  
(See page 61.)



**HISTORICAL TELEPHONE (n):** THE  
WORD OF MOUTH PASSING OF TRADITION  
THAT CAN RESULT IN THE ACCELERATION  
OF AN ESTABLISHED AND EXISTING  
CONCEPT (SEE COCKTAIL) (SEE PAGE 102)

### Available Mammals to Name Your Band After



### SUPHEMISM OF THE MONTH

#### BEING THE TOPKAT (v):

1. COMPLETING A TASK WITH  
AS LITTLE EFFORT AS POSSIBLE
2. DISCENDING A FLIGHT
- HIGHEST MACHINERY BY GLIDING ON  
ITS SURFACE (SEE PAGE 104)

### billabong (n):

1. A small, stagnant  
pool of water.
2. A bald spot.  
(See page 55.)



### physiological stasis (n):

The delicate  
and contradictory  
balance  
achieved when  
one's posture  
becomes  
rigid and  
inflexible  
through  
equal amounts  
of physical  
curvature.  
(See page 100)

### OGULAR MYSTERY (n):

A MARCH CAUSED BY TUBAL  
STIMULI INCLUDING BRIGHT  
LIGHTS, STIMULI OR GLASS (SEE  
1-3 VIBRATING ONE PAGE 103)

FRESH AIR  
FOR FEET



FEATURING OUR UNIQUE  
**AIR CIRCULATION  
SYSTEM**

SOFT LIGHTWEIGHT FLEXIBLE

**un**structured  
Clarks

IF YOUR  
TASTES  
HAVE GROWN  
IN THE PAST  
8 YEARS,  
CONSIDER THIS  
PERFECT TIMING.

— BOLD  
CHOICE —  
DOUBLE AGED

BEAM



# MAN AT HIS BEST

1 Number of followers of the baby daddy that we have had breakfast with (pg. 44)



Pg. 45

CONTEXT-FREE PREVIEW: "He doesn't have to read a couple days or even a couple months... It's not that kind of love."

Pg. 58

## ESQ+A: Rainn Wilson

A CONVERSATION WITH  
WILSON'S NEW MOVIE  
SUPER VIOLENCE IN  
FILMS, GOD AND  
DWIGHT SCHULTE

Breakfast syndicate Caffe, Kent  
Village, Manhattan

**SCOTT BAAM** Did you moderate this morning?

**Rainn Wilson** I did not moderate this morning. I set the alarm for 8:15. I forgot about the time change.

**BAAM** I guess where I was set to go, but I assume you get 18 million tweets per hour.

**Wilson** Yeah, I usually don't check those "80" replies—there's just too many of them, and too many angry people.

**BAAM** You have more than 2 million followers.

**Wilson** I do, yes. I'm going to tweet that I'm going to order a waitress coffee right now. No, I'm not going to do that.

**BAAM** It's okay—I didn't tweet the name of the café.

**Wilson** The big friend James [Gunn]—the director of Super—did that once. "Having such a beautiful day in the Valley." A bunch of people started showing up. They were looking in the windows and some came in and sat down. They're like, "hey, we heard you were here."

**BAAM** Super is due to bring you out 10 and Ellen Page and Lin Tyle and Kevin Bacon but no way are I ready for



58

MAN AT HIS BEST

WILSON

April 11, 2013

The "Super" starring in the film "Super" is a comedy about a man who becomes a superhero. The film is a comedy about a man who becomes a superhero.

"What would you do if you were a superhero?" is a question that Rainn Wilson has been asked many times. He has a simple answer: "I would be a superhero."



## SALMONELLA GUTS

all the blood. The violence in the movies is pretty insane. Let's

**EW** Right, juvenile delinquency is the reverse of the movie, and a few people get sent to the hospital but usually not. People are so drawn off by the violence, they have this acceptable violence in movies that's acceptable for kids to watch. It's about thousands of people dying, buildings exploding, cities exploding—all of cinema. But a guy gets banged in the face with a pipe wrench and not like, "Oh, it's so violent. It's so violent." [To writer] It's so violent?

**EW** You have a caffeine issue?

**EW** I quit caffeine about nine months ago. I don't know if I told him. If I start loom again this month, you'll know I'm on caffeine. I can't do it in moderation.

**EW** Come on, think of it, caffeine came up in a lot of the interviews you did.

**EW** Okay, okay.

**EW** I would be nice to stop going "No, Dwight, but?" Although I will say my 11-year-old son is a huge Dwight Schrute fan. Every weeknight at 7:30 we watch *The Simpsons* and at 7:30 *The Office*.

**EW** You obviously love your son, even on *How I Met Your Mother*.

**EW** Twelfth Homer. Sometimes he's schmuck. But Dwight and his tremendous rage in terms of the number of people he reaches.

**EW** Dwight is pretty normal, aside in that way. The most antagonistic I mean him, the nice people like him. When you look at the character, he's annoying, he's mean-spirited, he's weird, he's borderline. I agree, but for some reason, people love him.

**EW** So you worry about being known as Dwight Schrute forever?

**EW** Oh, absolutely I do. You can easily be typecast. That's dangerous. I think it's a horrible being unemployed and waiting the last village square for more votes, constantly checking my e-mail, not on my phone, hoping for an audition. [To writer] You have a lot of stories in your pocket. How many do you have—let's go. I'm going to my 21 birthday. Thirty

**EW** I'm going to go with 70.

**EW** Let's count them. Let's put some money down on this script [after putting them on the table and counting them]. Thirty six.

**EW** Wow. So you see, this got double topped today.

**EW** I'll think so.

**EW** Did your family support your quest to become an actor?

**EW** I got total support from my parents. My dad was always such a huge supporter. He always worked very hard to support his family, being a busch-

of ridiculous jobs. He wanted to be a writer but then he also wrote screen. Fiction novels at his spare time. He was always so frustrated having to work to support the family that I was like, "I'm never going to do that. I don't want to put on my living a model job to support my family and dreaming of being a writer. We learn from our fathers in that way."

**EW** Where did you begin to act?

**EW** I started in acting class in my junior year in high school. I'd always wanted to try it. The

first assignment was to act a private moment in public. So I brought in a record player and I put on Olivia Costello's song "Mystery Dance" and I was like, "I was acting in my room and the I started dancing around and singing and just kind of going crazy. And all of a sudden the girls in the class came over to me. I was this pimply 16-year-old kid. They were like, "You're so funny—you're so great!" And I was like, "Fuck everything else—I'm doing acting. I have found



THE PRINCE OF THE

WILL YOU BE ENJOYING  
RUSSELL BRAND THIS MONTH?

(Select what answers apply. One can pick one or more.)

1. You are:

☐ Ate Food (-10) ☐ British (0) ☐ Older (-10)

2. Russell Brand is:

☐ Asexual (0) ☐ A former L.A. Clipper (-10)

3. How difficult is he to look at? (He's ugly):

☐ Good-looking British (-10)  
☐ British-looking (-10)  
☐ Good-looking British (-10)  
☐ Ate Food (-10) ☐ Older (-10)  
☐ I really haven't idea who this guy is. (0)

4. How would Brand's marriage to Katy Perry?

☐ Those kids aren't really together (-10)  
☐ Her marriage to Russell is said to be a respectable decision made by a mature soul young actor (-10)
5. How would Brand's performance in *Get Him to the Greek* be?
☐ Surprisingly funny (0)  
☐ Not as good as *Black & Blue* (-10)  
☐ Incomprehensible, mainly because I didn't see *Black & Blue* (-10)

6. Do you like him?

☐ Yes (10) ☐ No (-10)  
☐ He's called "salmonella" now (0)
7. Where was a fan of the original *Archie*, starring
☐ Sydney Tamiia? ☐ No (-10) ☐ No (-10)

## ANSWERS

**MORE THAN 10 POINTS:** You will be enjoying Russell Brand in *Archie* this month. And possibly *Hop*, a **10-60**. You will be enjoying Katy Perry while reading David Shields and Keith Black's new book *1601*. You will not be enjoying Russell Brand.



FAIRIE WILSON GOES G.

**the Holly Graft!**  
**HB:** You could be ugly, but you're deep.  
**FW:** Yeah. You're deep and snore. And snoring.  
**HB:** Why did the family move to Champaign to Wine state, from the West Coast?  
**FW:** My family are Bahá'is, and they moved to Wine state because the Babu-National Center is in Evanston, and they want to work there. They got jobs there.



Fairie Wilson in Super

**HB:** How many Bahá'is are there in the United States?  
**FW:** A hundred thousand, two 000.  
**HB:** Monophony doesn't seem to be working out so well. How does the level of human suffering fit into a high, unswerving faith, in a higher power?  
**FW:** I love that question. Life is suffering. Life is not resistance to suffering. This part of life is to suffer. This is why we're here. We're here to suffer. I believe in a higher power that compassionately allows suffering for us as a rock-to-grow seed means. Of course he allows suffering....  
**HB:** How long are you in town?  
**FW:** I had a week off from The Office. My dad's having an art show at a gallery in Stamford (Connecticut). His work is really good.

**HB:** My dad's in a peach world in the San Fernando valley.  
**FW:** Well, if you want me to swing by and stay in to have for you, I see down there.  
**HB:** That's very sweet.  
**FW:** I'm assuming you've got the breakfast tab.  
**HB:** The Henson Corporation is grateful, too.



The Appaloosa  
A compass guide  
to the best of the  
page 11

## SONG OF THE MONTH

"SLOW MOTION"  
BY PANDA BEAR

**T**he first few times I heard "Slow Motion," I went that Panda Bear is a (and soon de phant) Nash Lessem was cheating over and over again, "It's accounting." The next few times, I thought he was saying, "It's guilty," since, they're not even the same number of words. They don't sound anything alike. And neither mean much of anything on their own, or with the rest of the lyrics, which are equally impossible to make out. But one of Lessem's trademarks—is (accountable as it is) misleading—is to intentionally process his singing into phantasmic oblivion. The outright surrealism is kind of obvious. In fact, "Slow Motion" sounds like the entire Arcade Fire set up shop in a desert and took time tapping a tambourine against his knees. It's also the best song I've ever heard that I can only half-way sing along to.

Lessem is most well-known as one of the few consistent musicians in the band Animal Collective. Across nine records, he's helped orchestrate the transition of the group, which is a true collective, from consistently feisty pop-rock to something far more complex, enigmatic, and otherworldly. As to what, Animal Collective is a perfect for the sake of example, as it's the only band's sole. At its best, it's the Beach Boys filtered through the lens of a 1960s psychedelic project, done in a more immediate, more mysteriously dancing than anything



Animal Collective has brought it's still dreamy, but in a Wolf of Sound way. And it's a hard hip-hop, a little bit reggae, allowing us to draw a clear line between it and M.I.A.'s "Paper Plane," any number of disciples of the late atmospheric hip-hop pioneer J Dilla, or even a guy like bedroom-funk sensation James Pants. Right now, whether it's the staff on DePue Records, Danger Mouse's apogee in western art-house (Stone), or something as avant-garde as the whole instrumental explosion in the 80s, these are wild days for artists choosing to challenge us to see meaning from the music, not the lyrics.

Because you don't know what's being said, "Slow Motion" says what you want to say. It sounds like a million different songs and so other song all at the same time. It sounds like the last song in the world. For now it isn't.

A Taxonomy of Other Good New Songs					
Artist/Song	Use of the word "Good"	Disappointed number	Mixed metaphors	Disputed guitar	Unintended sparsity
The Strakes "Under Cover of Darkness"		✓		✓	✓
The Killa "Futaba"	✓			✓	
Prizefighter "Second Chance"	✓		✓		
Too Faced "Wanted"		✓	✓	✓	

# CHANEL



BE UNEXPECTED





# CHANEL



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M<sub>3</sub>  
HB

## AS TOLD BY ALEXANDRA DADDARIO

A GUY IS WALKING past in some asylum when he hears the residents smile chanting, "Thirteen! Thirteen! Thirteen!" Curious, he looks a little at the wild and looks at. Immediately he's pulled to the eye, then everyone starts chanting, "Twelve! Fourteen! Fourteen!"

**ABOUT THE JOKESTER** When 25-year-old Alexandra Daddario got her first real acting gig at 16, she landed a few basic stuff. "I didn't know where my career was," she says. "And I was a little bit shy—very shy." As you can see, she got over her shyness (and learned how to find the camera), but when she moved from New York to Los Angeles more than a year ago, there was still one important thing she didn't know how to do: drive. Which meant that for four months, despite starring in a movie that would go on to gross more than \$200 million—the year's Percy Jackson & the Olympians: The Lightning Thief—Daddario rode the bus. She's since moved on to better transportation—in Nissan Sentra—and to movies for more mature audiences like the new Farrelly brothers comedy Hot Chick (out now). In it, she plays a funniest boyfriend who tries to seduce Owen Wilson. "I sort of miss problems for fun," she says, though we can't imagine how. —MARC MCH

FUNNY JOKE  
FROM  
A BEAUTIFUL  
WOMAN

\* Daddario cannot guarantee that this joke will be funny to everyone.



AND THERE'S VIDEO! More Alexandra at [apple.com/itunes](http://apple.com/itunes) (also viewable on the Apple iPod app)

► **Accessories by** To match her all-black, minimalist look, she wears a simple black belt. (See her look on page 10.)

► **In the dress** During the film, she wears a black dress with a white belt. (See her look on page 10.)



► **After the film** She wears a black dress with a white belt. (See her look on page 10.)

TOP: PHOTOGRAPH BY LARRY FORTUNA





## Where's All the LSD? Also, Poetry

**A FEW YEARS BACK**, the Feds busted some LSD manufacturers who cooked something like 95 percent of the acid in the U.S., and LSD use plummeted. Can you even get acid anymore? Not that I would want any.

Of course not. Answer Fella understands that your interest in purely academic, and maybe your quest for intellectual thrust. Still, he can't let it go but then back to the line: imagine a Laguna Beach back in '71. The windwaves lullade and the night track was blowing African drums—60 February dusk—end as anything, even the Jack in the Box barbie in up in sun when rain gold water pulsing and pouring out red heat from the face. The flaming first head looks, men. Alive.

Whoa. Where were we? Ah yes, the Pollard bust in 2000. Though the exact amount of actual LSD pinched by the DEA is that it is not known, a conservative estimate puts the number of doses that could have been made a yard by using the second materials at about 25 million. Compare that with the number of doses seized worldwide by the DEA in 2013—1.55M. "Seize away," says Special Agent Michael Sanders. "DEA push to reform law enforcement and to clean that up, as Stephen Sells says in '71." There's something happening here."

What it is, however, isn't as simple as that. According to Steve "Urdu Fella" Presner, author of *Practical LSD Manufacture*: "Making acid requires a skill level, even a license at operating a new lab, and as the cognitive nature of ability to cook along with the desire and the ability

to market the product, may not be all that common."

"The Greater Dead's hands had a loyal following of acid heads who would cover the cost of following the hand by selling acid in the corner. The demise of the Dead may have led to the scattering of their distributors."

This action is also confirmed by Danny Danks, a not-so-famous author at High There: "LSD has gotten much harder to find in the last five to ten years. It's around—mostly as liquid form, not blintz—but not nearly as readily available as it was when the Dead and Phish were regularly touring."

The band that Walt Disney was allegedly beaten after his death. I said?

Back in the late 1960s—what he said? I said in 1968—Mickey Mouse died for diverse from his first wife, Minnie. The judge hearing the case in Los Angeles began the first hearing by advising Mickey a lawyer that he might need a life span and while the doctors hit.

"Mr. Mouse may not be aware—but you certainly ought to be—that Mickey is no longer sufficient grounds for divorce in the state of California."

When Mickey Mickey leaped from his seat and reported, "I didn't tell him who was only, your Honor—I said she was taking Mickey."

As for the history repeats that

Mickey's corpse sleeps with the fish sticks. Michael Egan is a fan of the animated *Mary A. Life of Walt Disney* says, "I know of no reason to leave it. The death of Mickey was the end of a member of the family, but he was created every other source without claim to credibility, but he was created—albeit I have to assume he was created. I've visited his grave marker, and that's about as far as you can go." Frank.

John McCannock, a senior publisher at Disneyland Resort, tells AF, "I remember hearing it long before I came to work for the company. I've done a little research on my own, but there really doesn't seem to be any evidence. The official explanation is that he was cremated and his remains are in Forest Lawn."

Several voice mail messages left at Forest Lawn cemetery were unanswered, as did Facebook "friend" requests sent to George McCannock and he was surviving on a phone. Dear sir, who is saving a life span in the U.S. President say in a new north for dealing quick.

I'm not to be a groomsmen at a wedding—red-dog. I am not really great at that, but I'm not. But this will be very hard time reading during the wedding. I would like to be some of the people in the sample of dance literature. But I want it to be thoughtful and gentle mainly at the same time.

## ANSWER FELLA

Which direction should I go? What? He is. If you're going to go, AF suggests "the back door" as an option.

O.K., you're not back. The invisible worm. That's not in the night in the howling about. Has found out the best of all answers, yes. And the best answer is: Does this life do any?

Too late? For AF a month, you can't do better than a car part from Honda's "The Ballad of Reading Golf."

Let each man tell the story he knows, by each let the best be found. Some do it with a better look. Some with a better word. We count down it with a kiss. We drive on with a sword.

Some know how long when they are young. And some when they are old. Some struggle with the hands of Lust. Some with the hands of God. The blind can see, because the dead so soon grow cold.

Some love too little, some too long. Some are not of the day, some are not of the night. And some without a light. For each man tells the thing he knows. Not each man does not do.

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- Journal of

- 2 angel wings, crumbled
- 2 sorbettes, sliced
- 10 small cookies, quartered
- 10 cream cheese balls

- **Place sausage in** a six-quart crockpot on medium heat until warm. Add vegetable mix, and cook until softened or onion is just to color, about 15 minutes, stirring occasionally. Add spice mix, chipotle, and adobo sauce. Turn heat to high and stir for one minute or until aromatic.
- **Add beans, tomatoes, and chileanitos** (bring to boil cover pot, and lower heat to simmer until flavors marry and soup thickens 20 minutes).
- **Add other piquillo chileans**, stir pot back to bring to boil, and then lower to simmer for 15 minutes.

- > Stir in cilantro, scallions, and lime juice.** Distribute to bowls and garnish with goat cheese, avocados, and radishes. Serve with warm tortillas and hot sauce on the table. Serves 6



**EAT**  
LIFE  **MAN**

**POSCOLE** A MEXICAN CLASSIC MADE WITH HOMINY AND JALAPEÑOS, TRAVELS NORTH OF THE BORDER TO CONQUER THE HUNGER WE ALL FACE

BY MATT STEIGERWALD  
As told to Francine Marzulli

**W**hen I first moved to Iowa from North Carolina, I ate a neighborly herb-dressed dinner at a personal restaurant in Des Moines and local hipsters to gether and see if this Midwest newbie could actually cook. There was a lot going on this meal: I wanted a dish that would show off the herb, fresh flavors I planned to feature at my restaurant. But I also needed to prove myself as a host, so I couldn't get stuck standing over the stove all night. Since I was early spring and not yet growing in-season—especially in Iowa—I also needed a dish with maximal power. So I rode the Midwest climate puzzle, a way to introduce spring without suffering the comfort of a warm, cozy soup. This is my first. Can I tell you

need to use the brinjal, and I used the pickled, chopped meat to anchor the dish itself. (You can use a quality preserved chicken and some green beans, too.) Although it's not only in the growing season in find local chiles, you can create heat by blending two basic types of peppers: low-heat from fresh green jalapeños available in supermarkets year-round. (Serve your favorite hot sauce on the table to accommodate the masochists.) If you can score some of spicier red chilies, they'll pepper brightness will wake up your palate from what's not so vegetable, and you can still hold the chopped greens to soup as the tangier part of the menu. The beauty in both a southern tradition and a nod to the growing season of my new midwestern home, delivering the slightly less consistent of cook, when it's not even in season. So get even more love these olive green chiles this season, with some. *—Sue B. Boone*



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## The Imposters

THERE ARE AUTHENTIC DRINKS. AND THEN THERE ARE ACCUMINATIONS FORGED UPON US. FORSTED

**H**orrible things happen to drinks over time. Ingredients come and go. Recipes change. Bartenders get amnesia. Mixologists matchmake for bar owners desperate to substitute from a ready-made recipe for profit. And lazy drink writers write about delicious beverages rather than taking the trouble to find the original. The point is, much of what is thought possible is a myth. If the old fashioned you ordered back in the day and there's a drink listed as orange, muddled, or daiquiri, be wary. It's a fuzzy with club soda, then it's a corruption of the original, which is a marriage of like-like, a little sugar, just a drop of lemon, a citrus peel, and whiskey strong enough to stand up to the sun, sugar, lemons, and citrus. But that represents a full-on mutation. There are other drinks that have been discovered from their original (and better) recipes that they deserve a complete reconstruction.

Sometimes the problem lies in the ingredients. Take, for example, the **gin cocktail**. Back at the beginning of the 19th century, there was no drink more popular and less easier to make, except for its basically what we call an old-fashioned but made

with gin (Of course, then it was something else, not old-fashioned.) In 1870, it was still going strong. By 1910, it was essentially extinct. In that case, the basic formula stayed the same, but the main ingredients changed. Up until 1870 or so, when so many men and boys, he almost always meant the Dutch style (also known) a rich, malty, lightly tangy spirit that was essentially flavored whiskey. But then light-bodied, drier-flavored London-style gins moved in and the older stuff fell out of fashion, so when he ordered his old-fashioned gin cocktail, he got something new and edgy and not at all what he had in mind. The worst thing you're at a bar and you want an old-fashioned, well, if they have any gins. If they do, order a real gin cocktail. You'll have to order by ingredients, but still.

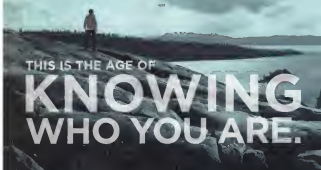
Second was the proportions got out of whack. The **21 martini**, for instance, began its life in 1910, as far as we can tell, with the house drink of the Manhattan Club in New York, back in the 1870s. There they made it with equal parts of whiskey and vermouth and added a few more ingredients: lemon, smooth, rich, and elegant. Over the years, though, as the martini has gone to the masses, bartenders started making them drier and drier with less and less vermouth, martini-style. But whiskey was gin, and to fight the hardness that created someone came up with the bright idea of splashing in some of the chemical-laden manmade-cherry pines. Result: a drink that's both too strong and too fruity sweet. No more you want a martini, try it "50-50." And if they have orange bitters, have them use those.

But those are simple cases compared to the **Singapore sling**, in which pretty much everything went wrong. If you order one at the Buffalo Bar in Singapore, which claims to have invented a drink in 1918, you'll get a sticky sweet, fruity mess of juices and syrups with a little gin based in there somewhere. It didn't start off like that, either for sure. For one thing, it goes back at least to the 1840s and wasn't particularly associated with the British until the 1930s. The main problem, though, isn't that the original formula got lost or such as that's more than one. The original recipe, from the 1840s, says that a Singapore sling is gin, lime juice, and cherry brandy, with perhaps some Benedictine and definitely some soda water. Make each bottle that. That was one single bottle to make your own. And you should.

"Bringing new, for readers predisposed to an interest in historical recreation, such as the Singapore sling" that recently, many careful historians interpreted the call for "very cherry brandy" as the oldest distillate, from 1842. As we know, however, the real reason, unmentioned, is that cherry brandy. Others held out for a sweet red cherry liqueur. With the help of the Singapore newspaper of the day and a very clever detective work, we can now tell that. The drink was always red and, which rules out the Benedictine, "very cherry brandy" remained was almost certainly the one made in the early days, a muddled cherry liqueur and sugar. —D.W.



The Appellate.  
See the only real website  
for the latest drinks.  
page 10



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## A New Dimension

BARRY TESTS THE NEW 3-D CAMCORDERS  
WHICH GAVE HIM LIGHT

**T**he dedicated camcorder is dead. Now that every smartphone and point-and-shoot camera can record video, a film at high-def quality, the concept of dragging around a single-purpose camcorder, no matter how small it gets, doesn't make sense. That is, unless you buy one of the new 3-D camcorders, which are meant for certain applications.

Over the past year, I've become a lot of 3-D expert, having shot too many 3-D shows in order to choose the best system for *El Niño*. After a Black 2 (Against Her Creator) on's advice, I decided to shoot in 2-D and convert to 3-D later. At present, 3-D movie cameras run at too big and cumbersome for the rapid cuts in movies and wide-angle lenses (like to use) 3-D movie when it puts you in the middle of the action. No wonder how ESPN tells you, that as why sports will never be that great to watch in 3-D. Unless the NFL, one only the Skyline for broadcasts, or players wear in-line cameras. (And even then, who wants to be that close to an NFL linebacker?) I prefer to watch the play unfold from the 50-yard line, high in the

stands, but punting or being the away isn't what 3-D is about. As far as baseball, forget about it. Until they put a 3-D camera inside the ball and pitchers throw only fastballs, baseball is a 2-D sport. What will be great is 3-D is possible when all those in-car cameras will really make you feel like you're in there.

writes only about one out of a half dozen. It's also a surprisingly well-balanced, as opposed to being too linear. I just wish the leaves weren't out with the stems. (With all the great long commenters I've owned, my only disappointment has always been that the times don't come along fast enough.) Where you're doing it, I recommend the *Journal of the British Association for the Advancement of Science* (the *Journal of the British Association for the Advancement of Science*) transfer your footage to a PC (there's no Mac support at present), which allows 2.0 editing. Upload to the camera to convert back to 2.0, connect to HDMI cable to your 3-D TV, and watch what you've done through the TV's menu. Most amazing feature is its flip-out viewfinder, which shows you what you're shooting in 3-D—without glasses. You have to look at the LCD screen every such thing on any other camera. So, it's a bit of a pain, but the technology is amazing.

Aside from the fun I've had in my seat, I'm enjoying myself in 3-D, screaming along with the action. I speed down my backyard's huge course, what occurs to me next about these consumers is what they really want about 3-D viewing in the future. The first test as available products are single filter to convert 2-D to 3-D without the need for glasses means that the glasses-free TV technology demonstrated at this year's Consumer Electronics Show has a legitimate shot at making it to the market. And that I have a legitimate shot at never seeing those funky glasses again.

Barry Sonnenfeld is an Emmy-winning television director and the director of *Get Shorty* and *Men in Black*.

## HOW TO SHOOT IN 3-D

- Doesn't like panning. It makes the image strobe and will give you a headache. If you must, pan, pan slowly.

- Like a 3-D effect. Viewing 2-D footage taken from a handheld camera the film with people screams out in pain. That feeling is even worse in 3-D.

- Even being that's far away won't feel like 3-D. So don't bother.
- When it comes to editing your footage, 3-D prefers a longer take

**Warning:** Sharp-fire transitions, since the brain and eye will need a second or two to adjust.

- Most important, shoot so that objects are on axis with the camera, sitting toward or away from you. That's where it should stand out

16. If you want to film a sporting event, try to get on the field, not in the stands. (But I'd avoid the Indy 500.) —B. J.



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## Cash Back

ONE OF THE QUANTEST PRACTICES OF AMERICAN BUSINESS—THE STOCK DIVIDEND—IS HOT AGAIN.

American corporations are riding on a salary pile of cash. About \$2 trillion. It's an all-time record, and as a percentage of total assets, it's the highest in more than 50 years. I would argue that this wild old-growth craze really greatly coincided over the period of the late 1980s, because of the reason it exists. But such headlines were strange to nature. They fueled the expansion of product lines, plant buildings, technological innovation, and hiring that we witnessed in the mid-'80s, for example, until President Kennedy dismantled it.

This time is different. The current stockpile isn't strategic; it's fearful. Companies are afraid to expand because of uncertainty about costs, and a lack of lending partners. They're not using these wheelbarrows of money to take advantage of a marketplace dramatically tilted toward employ-

erits in an antitrust, low-wage, corporate-tax-hating, government-incentive-granting environment, in which states will drop their peaks to offer incentives that don't work (Zevignon holds accepted \$6 million from Microsoft assets starting 2007, only to find its workers and move to China four years later) or aren't needed (like the dough-brokers in California shilled onto Twitter, as though Twitter could exist anywhere but San Francisco).

Today, most of the companies at the top of the most cash are making a huge mistake. When the relevant companies build out cash

just as the government found a way into their undergrounds, they helped fulfill the prophecy. The government took \$200 billion from the industry (and state officials predictably used a lot of that not for smoking-cessation programs but to plug up their budgets, which helped them get reelected) but is breaking their backs now.

I believe the exact same thing is about to happen to energy companies.

Energy is becoming increasingly difficult to find in tobacco colonies. Every single American consumes diesel fuel, and most of us use a little bit. The oil companies have an unenviable task of financing just sitting there. That costs us an unenviable tag for a federal government that has increased spending enormously, has produced an overall debt equal to our entire economy, and faces an unmanageable deficit.

Companies are starting to recognize this. They're starting to move their dividend checks. Since they can't figure out ways to fix one weakness or another, they're deploying capital in a devastating (in the sense of the imagination), they're making checks to shareholders instead. The fact that huge salary packages for CEOs have come under scrutiny and those same CEOs tend to be large shareholders (and that receive the biggest dividend checks) might also figure into their "strategic" thinking.

Throughout the '70s, investors looked down their noses at high-dividend payers. Sending your cash on trade like company was a capital loss, an admission that the days of heady growth were behind you. Investors looking for high growth abandoned the little old-lady dividend stocks. But today, the cash boards have gotten so unimaginable and growth opportunities so cheap, based on a shrinking world and turn-down workday, that a well-run company can af-

ness-to-do costs, they can pay high dividends and still have plenty of money left over to fund growth. Companies such as Eli Lilly (see *Partners*) (yield is 44 cents a share), *Marlin Midstream* (see *Partners*) (78 cents), and *Magellan Midstream Partners* (76 cents) all yielding about 5 percent.

or other companies happen to be in the flitting business of oil exploration. And there is also the single best opportunity to buy a stable, safe stock with a great yield, low price, and opportunity for growth.

000000

How can the second-largest energy company in the U.S. have room to grow? For one thing, Chevron is sitting on reserves of cash—enough to pay every penny of debt and still have about \$4 billion left over. Furthermore, with a PE of 30 and a forward PE of only 18 (compared with Exxon's 33.6 and ConocoPhillips' 30.6), the stock is cheap for a company that's generating returns nearly 2 percent

over the last ten years. Compared to the S&P as a whole, it has a PE of 15.6 but a growth rate of only 8.9%. There is a 10% discount on the company's dividend of 3 pence in share value (that of S&P and stable-to-equity is five times lower) (2) versus 9% on relooking at a stock that is richly and affordably, even trades near its three-year high. Add to Singapore's Cheong's a score of the latest operators and the company's pre-occupations in relatively stable places like Thailand, Australia, Japan, and the UK and it's hard not to love this stock.

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ENTRALS

## ABOUT THE BIRD

A LITTLE MORE ABOUT THE VULTURE ON PAGE 68  
HER NAME IS DOTTIE

**Age and personality:** Dottie was well over 40 (vultures reach sexual maturity in 10 years and can live to be 30 plus years old) and is a 30-plus-year-old bird as is one of two thousand-year-old vultures in the U.S.

**Wingspan:** Eight and a half feet.

**Volcano:** Near her tropical dinner noontime of 14 good whole ferns (and many other plants), "She is very aggressive when she's fed up," says Penny Karp, whose company, Boneyard Bird and Animal Services, provided Dottie for the shoot.

**How to be photographed:** Stand steady and be calm.

**Her name:** Vultures may not smell like, but they can hear it. And since a vulture like Dottie weighs 14 pounds, a few screams like "Dottie!" couldn't hurt, either.

**What to say:** "Dottie, your wings!" works. To train her, Dottie's trainers used baby chicks as a form of positive reinforcement.

**What to wear:** Glasses to protect your eyes, and without, neither would it be a good idea to wear them.

**My advice to camera Dottie:** Confuse. Vultures have no visible genitalia.

THE AUTHENTICITY  
OF OVID'S WISDOM

BY OVID WISDOM

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THE ORIGINAL WISDOM  
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VISUAL RULE NO. 106



● ○ ○ Always

● ○ ○ Sometimes

● ○ ○ Never

NO  
PAGE 101  
BAHAISM  
AN OVERVIEW

BY BAHAMIN

She will work as hard as

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FOOTNOTES

BY BAHAMIN

She will work as hard as

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## A LITTLE MORE ABOUT HOMINY

BY BAHAMIN

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## THE GREAT ONE

Wayne Gretzky's undegated mastery of his craft, coupled with an understated elegance in his persona have led to that most of phenomena - universal respect and admiration. Dominating the NHL, unlike any player in its history, he has won four Stanley Cups, holds over 61 records and was an 18 time All-Star. The spirit of quiet excellence, professional integrity, and superior performance all combine to elevate Wayne Gretzky to his unique position in the uppermost strata of sport.

A partner of the exceptional athlete, Breitling has embodied the same ethos throughout its 127-year history, developing its "instruments for professionals" according to the highest standards of sturdiness, reliability and functionality. Closely associated with the world of aviation, Breitling is the only watch brand to equip all of its models with chronometer-certified movements - the ultimate token of precision.

Today, Breitling soars to new heights with the creation of Caliber 86, the most reliable, high-performance self-winding chronograph movement.

Another "Great One."



Chronomat 01



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INSTRUMENTS FOR PROFESSIONALS™

# Style

NOVEMBER / APRIL

IF THIS  
FALLS  
RIGHT

It's not just  
the most  
fashionable  
and  
stylish  
of the  
season  
but the  
most  
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season



## THE CK ONE JEANS

**BACK IN THE FUTURE:** Calvin Klein is the  
fashionable John of jeans. Or maybe  
he was more like the Lenny of denim.  
In any case, The jeans changed things.  
He understood that slacks as didn't  
want to just wear jeans—they wanted  
to look good in jeans. And that jeans  
weren't simply jeans, they were the  
denim of who we were (and, more  
important, who we wanted to be). And  
so Klein led a revolution in how we buy  
and wear denim, and the company he  
founded now adding men to its CK  
One line for the kind of guy who wants  
denim with everything from T-shirts to  
sweaters. But now jeans are not  
only more casual than others, and will  
also look better with the more ca-  
sual stuff in your closet, this new line  
comes in six washes, so you can choose  
the pair that works best for your style.  
The designers at CK One. Like the CK  
who started it all, don't just want you  
to wear their jeans—they want you to  
look your best in them.

THE ESSENTIAL  
OF ONE JEANS



Breitling the spirit  
style and design  
innovative design

Online price (USD) by CK One: men's jacket (USD) and women's shirt (USD) by Calvin Klein Collection, with (USD) by J. Crew. Men's shirt (USD) by Calvin Klein Collection, with (USD) by J. Crew. Men's shirt (USD) by Calvin Klein Collection, with (USD) by J. Crew. Men's shirt (USD) by Calvin Klein Collection, with (USD) by J. Crew.

# HOW TO WEAR JEANS

BECAUSE IT IS NOT AS EASY AS JUST GRABBING A PAIR THAT KINDA, SORTA FITS AND WEARING IT (HERE'S HAND WITH WHATEVER YOU WANT) DEPENDING ON HOW CASUAL YOU KEEP THINGS, SOME JEANS ARE BETTER THAN OTHERS



## WITH A T-SHIRT

**TUCK?** Nope. Just make sure the bottom of your T-shirt doesn't fall below the tops of your jean pockets.

**THE BEST FIT:** Slim but not skin-tight. Just blue for short. Feel free to cuff the bottoms.

**THE BEST WASH:** When things get really casual, light-to-medium blue washes (or even variations on white or grey) are your best bet.

Cotton jeans (\$196) by J. Crew, cotton T-shirt (\$44) by AD Adrien Gutschewski, leather sneakers (\$255) by Common. leather belt (\$35) by Dockers

## WITH A POLO SHIRT

**TUCK?** Together, but unlike a T-shirt, a polo shirt should have some shape to it and fit you; jeans right along the waistline. The bottoms should also hug the hips a little.

**THE BEST FIT:** Straight leg. Since your shirt is more fitted, your jeans should be, too.

**THE BEST WASH:** Darker jeans for bright, white or pastel-colored shirts; lighter jeans for darker-colored shirts.

Cotton jeans (\$196) by J. Crew, cotton polo shirt (\$44) by J. Crew, leather shoes (\$255) by Billy Reid, leather belt (\$44) by Dockers

## WITH A CASUAL SHIRT

**TUCK?** Almost always. Some casual shirts are cut short to resist untucking, but the vast majority still need tucking in.

**THE BEST FIT:** If you're wearing something over the shirt, straight leg. If you're wearing a sweater or sweater on top of it, relaxed.

**THE BEST WASH:** For not-too-casual, not-casual dressy territory, choose a shade between medium and dark blue.

Cotton jeans (\$196) by Levi's, cotton dress shirt (\$69) by J. Crew, cotton sweater (\$70) by Club Monaco, oxford shirt (\$70) by Perry Ellis, suede boots (\$79) by Dockers



## WITH A DRESS SHIRT

**TUCK?** Yes, and make sure you're wearing a belt. Consider a women's one.

**THE BEST FIT:** Relaxed and casual—nothing too skinny or frayed.

**THE BEST WASH:** This is the sweet spot for ditching blue jeans in favor of off-white, grey, or even red.

Cotton jeans (\$196) by J. Crew, cotton dress shirt (\$154) by J. L. Allen Signature, cotton sweater (\$70) by Club Monaco, oxford shirt (\$70) by Perry Ellis, suede boots (\$79) by Dockers

## WITH A CASUAL BLAZER

**TUCK?** Never. And casual you're going with darker jeans; lighten things up with a contrasting white blazer.

**THE BEST FIT:** You're looking into dressy territory here, which calls for slimmer, more fitted cuts. If it's not to tuck, don't drape the dressiness; cuff the waist.

**THE BEST WASH:** The darker the blue, the dressier the jeans.

Cotton jeans (\$196) by J. Crew, casual blazer (\$154) by J. L. Allen Signature, leather shoes (\$255) by Billy Reid, leather belt (\$44) by Dockers

## WITH A TAILORED BLAZER

**TUCK?** You better believe it. A good slim fit shirt will ensure there's no excess fabric rolling around in your frame.

**THE BEST FIT:** Slim to jeans with a raw and a half-inch break—no cuffing here.

**THE BEST WASH:** Darkest blue. You can also try black.

Cotton jeans (\$196) by J. Crew, tailored blazer (\$154) by J. L. Allen Signature, leather shoes (\$255) by Billy Reid, leather belt (\$44) by Dockers

## ADD UP EFFECT: THE RESULTS



Joseph Coleman is the founder of the Fit Report (@fitreport) blog, a company specializing in experiencing how denim should really fit.

A good pair of jeans should always enhance your body, not hide it. For starters, it should enhance the front pockets, as we call it in the business, the designer will build a curve into the front rise and add depth to it so you'll be able to give the package some lift. Same goes for the back rise—it's a designer gives you just a little more width in the crotch to give it a little extra lift. This is usually a good thing (I'm kidding). I like a lower rise in my jeans, but it really all depends on the brand and your shape—a low rise on a guy with a big butt or thick thighs is never part of it. Or with a little more lift, but watch out for higher rise jeans. All that fabric conceals everything—pockets, butt, you—look sloppy.

**Levi's Chubbey by Opening Ceremony** The designers at Levi's are probably the ultimate authority on denim around these parts, so if they were to tell you that jeans could be made of something other than denim—like, say, soft, lightweight chambray that's lighter, warmer, weather-resistant, right? Right. Look for their new chambray jeans in capsule collections, available from both retailers.

**Adrian Ciniel at Barneys** This New York designer regularly shows in Paris, but for his latest venture, he's coming home and teaming with the iconic American workwear brand. It's a full line of clothing and accessories, including jeans made from a denim-melange cloth. **Barneys Denim and Lacoste** Regarding this pairing, you'll find the Lacoste cascade, that nearby little basket on the pockets of jeans I always wear jeans.



## THE NEXT GENERATION

SAMUEL KU AND THE FUTURE OF DENIM

**D**ENIM UNLIVES CARS OR MICHIGAN or jeans shows us what a mess of life where most men welcome innovation. Givenas some warren on the all-cotton, and dye-dyed jeans that the old names were in the cold tank and we're all set. And yet there are jeans today that feel better, feel better and look better than your average pair up as difficult because somebody decided to try something new, and so the design director of AG Adriano Goldschneid, Samuel Ku has been trying to find the some thing new that will revolutionize how we wear jeans.

Ku got into the denim business the old-fashioned way—he was born into it. As the son of a major denim brand owner in southern California, he grew up watching people who cut new, wash and detail jeans for a living. And when he graduated from UC Berkeley in 2001 with an acute sense of despair that he had no idea what to do with, he went to work for AG, the denim line that his father had recently cofounded with an Italian designer named Adriano Goldschneid. ("Some people refer to [Goldschneid] as the godfather of possum denim," says Ku. "Usually I just tell people he was a co-founder of Diesel, and they kind of get it.") He started in the R&D lab experimenting with different washed treatments, and he gradually worked his way up through the ranks. When Goldschneid, until then the brand's creative director, left the partnership in 2004 and the Ku family bought his share of the trademark, AG went

through a few design disasters before Ku took over in 2008.

His first task was to change what he saw in the "blue jeans are blue jeans" mentality among American consumers. "The typical guy would say, 'X pair of blue jeans is 100 per cent cotton, it's 16 inches across, it's the way you should and doesn't change'—I don't think most of us really understand how much blue jeans actually change from one year to the next." And so he set in motion a plan to change how AG produces denim. His designers now use laser-burning technology to create subtle, authentic-looking distress marks; they use ever-changing chemical treatments to produce distinct washes; and they source fabrics from cutting-edge mills for jeans that fit close to the body yet don't feel uncomfortably close. "The more you of advanced fibers and different stretch properties that people are using to give comfort and stretchability, every day we're innovating and we're figuring things out."

All these innovations come together in the new AG x of its entire limited-edition collection. Instead of producing any given style

of jeans by the thousands, Ku has given his designers free rein to experiment with aggressive distressing and over-the-top laser-burning techniques, and AG will produce only 200 pairs of each design. "The results may not look like your average pair of jeans, but that's exactly Ku's goal." There are so many ways that you can apply these new techniques that the men about an infinite number of unique styles that we can create." And you can bet that if jeans look any different in 10 years, it'll be because of thinking like that.

Custom jeans (\$110 to \$140) by AG Adriano Goldschneid.



PROMOTION

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artist: linda zacks, new york

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## ASK NICK SULLIVAN

THE ESQUIRE FASHION DIRECTOR WILL NOW TAKE YOUR QUESTIONS

**↑ WHY THE REEMERGENCE OF THE BUTT ON FLY? IT PROVIDES ZERO IN THE WAY OF AESTHETICS. IT'S DIFFICULT TO BUTTON AND UNBUTTON, AND DURING THE CHICAGO WINTER, IT LETS IN THE COLD AIR. THOUGHTS?**

MICHAEL GOLD, CHICAGO

↑ It's all part of the nostalgic/anachronistic heritage of the blue denim dress made of denim (Fig. 1, by Levi's). You see, before the invention of the zipper in the late 19th century, buttons were pretty much the only means fasteners around, so today's nostalgic designers will often go the business-fly route. But try to look on the bright side, Michael! That item doesn't break. If those straps off, you can get it put on again. And eventually, unlike the zipper, your recent ex-lover the retail personage, store and company, is also likely to be a short-term fly.

**MY OVERLAPED-BODY ME A CHARMING WOMAN TOOK THE BUTT VIBES AS A GIFT. I DON'T HAVE THE MATCHING SLIT JACKET. CAN I WEAR MY TIE IN A DIFFERENT COLOR-BLUE IS BETTER. PATTERNLESS JACKET ALSO CAN I WEAR IT WITH LEANEST**

TAYLOR KIMMEL  
DENVER, COLORADO

↑ Typically, a vest can add a little extra something to a suit.



case miles, even ones that include jeans. Only hitch: You need to wear it with a jacket, matching or not, to avoid looking like an extra from *Twister* (Fig. 2). As for vent in question in household, I'd suggest sticking to aprons or, at most, apron cloth for the jacket. Any woman's pants is going to make things look very busy very fast.

**I WANT TO BE INTO THE FASHION-LOUS PROBLEM OF GETTING HOLES IN THE CROUCH OF NEARLY ALL MY PANTS. EVEN HEAVY-DUTY LEANER. IS MY CROUCH AGENCY**

ERIC HARTNER  
KANSAS CITY, MO.

↑ If it's, Eric, I don't want to know. But frankly enough, you may actually be worth it.

Many jeans today go through a process called *enzyme washing*, in which enzymes break down the fibers in dark denim jeans. This loosens the dye and softens the cloth. Unfortunately, it also often weakens the cloth and shortens its life span, especially in areas of wear and tear—like the crotch. Consider looking into jeans made of raw denim that hasn't been treated with chemicals; they might have just the resistance that your predicament requires.

**I AM CONSIDERING PURCHASING A PEEKER-SUIT—SLEEK AND ELEGANT BUT NOT TOO TIGHT—AND MY BUTT IS BLACK. TYPE ANY RECOMMENDATIONS?**

JENNIFER  
CHARLOTTE, N.C.

↑ Good news: After years of chunky excess, high-end watchmakers are making plenty of watches at your price level that are neither too thin nor as chunky as a pocket watch. Try something like Omega's De Ville Prestige automatic (Fig. 3). It combines modernity

with simplicity in a respectable \$2,900.

**THE NEW ORLEANS BRANCH OF ENRAGE WEAR A "BAP" IN THEIR COLLAR-BAND. THEIR TIE DOES IT. ENRAGE HOME FURNITURE, AREN'T IT ANYWHERE?**

DANIEL P. CLARK  
SAN ANTONIO, TEXAS

↑ Nucky Thompson (Fig. 4) is fast becoming (in our minds, at least) the next Don Draper. So if, like us, you're bored of the Mad Men look, try a cable-knit tie, and if you don't go the whole trend-and-again route, it won't look too old-fashioned. Only caveat: Shirts in Nucky's time were perched with tiny hand-sewn lapel pins to secure them to the bow (which would keep collar ties together and hold the tie in the ideal position), but most shirts today come with no such help. You'd have to make them yourself, which might render the shirt all but unwearable without a bow. It's your call, but if you're strapped, just ask your self: What would Nucky do?

OMEGA OMEGA  
POMERANIAN  
AT 2000 CALIFORNIA, CALIF.

150 YEARS  
MASTERING SPEED FOR 150 YEARS



SCAN EXPLORE



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A THOUSAND  
WORDS  
BY STEPHEN MARCH

# TIGER WOODS WILL BE REDEEMED

THE REASON AMERICANS LOVE SPORTS IS THAT it's the one spiritual experience you can have with a beer in your hand. We are a fractured, atomistic, self-regarding culture, but we connect through the shared experience of watching humans do superhuman things. Usain Bolt demolishing his own 100-meter world record by over a tenth of a second. Federer and Nadal smashing miracles at each other for five hours at Wimbledon. London Danovna [Fig. 2] revisiting U.S. soccer in extra time against Algeria. So this month, as Tiger Woods approaches Augusta—the errant knight returning to hallowed ground—there is going to be one question on the minds of his followers: Will he be able to redeem himself? The answer reveals the least about Woods and about us and the strange hypo-



We believe in him. Unfortunately for Woods, the only thing Americans believe in more than instant redemption is sin.

critical puritanism that is infecting our sports religion.

The past year will be remembered not for who won what championship but for the dramas of sin and redemption undergone by our two biggest athletes—and Nike spokesmen—of the moment. In previous generations, athletes disgraced themselves through drug use or cheating. But LeBron James [Fig. 3] got branded the Whore of Akron for changing to suits awkwardly, and Woods [Fig. 4] lost his endorsement deals (with Gatorade, Accenture, and Gillette) for sleeping around. That's all

they did. To put this into context, the Italian prime minister [Fig. 5] has screwed more publicly with much more vigor and less restraint than Woods could ever dream. And the Italian reaction? As one headline wearily put it: *IL PRIMA MINISTRO LA INGOCCIA*—“Again with the pussy.”

Woods's story is oddly reminiscent of Tannhäuser, the medieval German fable in which a great knight loses himself within the caverns of the Mountain of Venus, then once his arts are thoroughly sewn, repents and asks the pope for forgiveness. The pope replies that no sooner can Tannhäuser be forgiven than the staff in his hand spring to life—which it does, as soon as Tannhäuser leaves. The point is clear: The true sin isn't screwing lots of



A week later, a British female tennis player is scandalized to learn that her husband is a drug addict.



What, scandalize him? Not even close. “You’re kidding me,” he says. “You’re kidding me.”



Who thought a pope would be forgiven? “You’re kidding me,” he says. “You’re kidding me.”



How you dig with America?



What’s what a public hearing? “You’re kidding me,” he says. “You’re kidding me.”



This photograph should have been taken in a public hearing. “You’re kidding me,” he says. “You’re kidding me.”

women, it’s judging the screw’s capacity for redemption.

Now that some time has passed, surely we can see Tiger’s story for what it is: Athlete fucks lots of women. Ever hear of Wilk Chamberlain? [Fig. 6] Or Charles Barkley? Or European soccer? The good news for Woods is that our judgment of his morality is as phony as it comes—Gawker puritanism, devoid of content. While Tiger Woods agonizingly searches for his lost Buddhism, Kobe Bryant appears on *Modern Family*. The partitions of prison era at least believed that they had seen evil made real in the world. McCarthy and Cohn with-hunted, but they legitimately hated communism. We like to judge people just for the pleasure of judging them. We’ll hunt out the most sordid details of people’s sex lives not because we believe their actions are wrong but just because we like seeing the wreckage of their suddenly human, blemished, relatively imperfect lives. Jets coach Rex Ryan [Fig. 7], a man indulging a perfectly harmless crush with his wife, somehow found himself answering questions at history’s most awkward press conference. What for? In whose interests? We have achieved morality without morality.



Woods walks a tightrope. And public history.

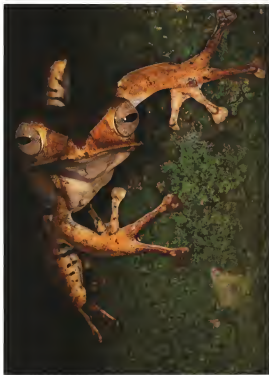
The brutalizing lesson of Michael Vick’s [Fig. 8] career is that even the most notorious of crimes will be forgotten as long as the athlete involved brings us together again through the spiritual experience on the field, as Vick did in that game against Washington. He threw for three hundred yards, rushed for fifty, threw four touchdowns, and ran in two more himself. It was an inhuman performance. And for that he was redeemed. It will be the same with Woods [Fig. 9], though arguably tougher, since he’s already raised the standard of athleticism to nearly inconceivable limits. Remember when he won the Masters by twelve strokes at the age of twenty-one? Remember when he hit a 6-iron 216 yards from a bunker? Remember that chip shot on the sixteenth hole in 2005? Then again, he’s shattered his own standard before.

(The far sadder story is Lance Armstrong, who’s truly undecipherable now that he can no longer answer as Memo to file: much better to have your life full apart and career.)

In the ball games of ancient Mexico, the losers had their hearts cut out. In the Colosseum of Imperial Rome, if the gladiators fought with grace and courage, even the loser would be forgiven; otherwise death. Only when men had fought their hearts to a standstill could they walk back through the gates of life. At bottom, our contemporary form of sports religion is no different, a simple exchange: Give us our ecstasy or perish. And if in the interim you screw a waitress or send a woman a photo of your cock, we’ll make you and laugh at you. But we’ll still bow down.

Tiger will be redeemed, his story has already been written. As he enters Augusta, he is simultaneously an underdog and one of the greatest athletes the world has ever known. And when he returns to contention—whether this month in Augusta, at the U.S. Open in June, or the British Open in July—he will be transmuted into a nearly perfect icon of irreducible sympathy: the supernatural specimen made human by an who rises again. At which point Gillette and Golf Digest and Gatorade will lessen the cost of taking our hypocrisy seriously.

Don’t they know that everybody loves a great man who becomes a punchline? It



Tim Laman for National Geographic

## The state of magazines is sticky, 43 minutes per issue sticky.

Media continue to proliferate. Attention spans continue to shrink. And free content is available everywhere, from the Internet to the insides of elevators.

Why then are 93% of American adults still so attached to magazines? Why do so many people, young and old, spend so much time with a medium that's paper and ink, a medium you actually have to pay for in order to read?

In a word, engagement. Reading a magazine remains a uniquely intimate and immersive experience. Not only is magazine readership up, readers spend an average of 43 minutes per issue.

Further, those 43 minutes of attention are typically undivided. Among all media—digital or analog—magazine readers are least likely to engage in another activity while reading. (Advertisers, take note.)

Stickiness. Another demonstration of the power of magazines.

MAGAZINES

*Damn,*  
IT'S GOOD TO SEE  
**MATTHEW  
McCONAUGHEY**  
AGAIN *By Tom Chiarelli*

FIRST, THE PROMISE. THEN, THE SHIRTLESS ROMANTIC COMEDIES. TODAY HE HAS THREE SOLID NEW MOVIES, TWO KIDS AT HIS FEET, A HOUSE THAT FEELS LIKE HOME, AND NO APOLOGIES. HE'S THE MAN OF THE HOUR, AND THIS TIME, HE'S READY.

*Photographs by Penn*





He was standing over again, then, as he'd walked up onto the top of the green, or he'd reached down to pull his ball from the hole—some golf gesture. I don't remember, I was listening. "It all comes into balance between day and night then," he said.

"What happens then?"

"That's about the point where I start to see [retiree] again. And all my discomfort just disappears and then I pretty much feel like legs again. I try to let the place calm me. Then I can go home."

"Is there?"

"It lived in a trailer," he said, "in L.A. I just went back to the trailer."

I told the bartender over "they're to-day thirteen," I said.

"It's an American," he said.

#### CRARY

The next morning, before I drive my rental car out to Malibu to the McConaughey house, where that party with his neighbors will commence at 11:00 a.m., I get an e-mail from his publicist: "Mattie we wanted to tell you that if you don't want to drive back tonight you are welcome to stay over in one of his Australian trailers parked on the property. They have beds, bathrooms, kitchen areas, etc. And you can use the just full bar in the office in the morning."

I'm awaking at home, so from the very start my need is somewhat staying for the main course, since I don't want to be short-circuit on the Malibu friends. The golf was good. I'd bag out by six o'clock and be playing poker in Hollywood back by night. So hell no, I would not be staying at the Australian. Not a chance.

I write back to the publicist, thank her, and ask to play it by ear.

#### INQUISITIVE

On the table next to the front door, there's a shiny picture of an old man wearing a hunting jacket, no pants, and a pair of bright white underwear, looking like he lost the house. This is McConaughey's father, who owns a gun store and pipe supply outfit. He died in 1992 while making love to his wife.

In the kitchen, I meet Camie and her one-year-old daughter Wala. I apologize for invading their life, but Camie reassures me. McConaughey said I retired to his weekend studio so he can play the Malibu scheme better. Camie makes me promise to remind her our lights the fire at the appointed time.

The five-word answer over spins the whole idea: she describes the building of this house from the ground up. "Before this, I had a super house in the Hollywood Hills that I sold by myself—lotsa page, deeding pretty much everything. But our house was more. And yeah, we could be gone in three nights, even Camie would have said, five, don't change a thing. But I thought, I found the woman I wanna do with. The woman I wanna make a family with, hopefully live our

**IN ONE HORRIFYING MOMENT,**  
*I show him the tattoo. And there I am—*  
**SHIRTLESS,**  
**AT A DINNER PARTY AT**  
**MATTHEW MCCONAUGHEY'S HOUSE.**

life out together. She needs to have 90 percent of that. I mean, it's like cancer for me to be 100 percent. To always have 100 percent it's cancer for me at 100 percent."

#### SUNDRY

**So we gotta light the fire.** He does, anyway. He sits me down, before the Malibu friends arrive, pours me some Mexican Dos Equis with a Mexican drink called Ting. He looks at me, though not much after the drink. He is clear, and he is perfect way by himself, in the presence of himself, sipping after five lines of red meat, and knowing the little of my American fruit drinks.

McConaughey does and perfectly does a thirty good-meal restaurant. Camie sets the table as the sun sets, less, matches the yard and makes plausible questions of their dogs. Their property runs to the bottom of the canyon, which they have turned into an orchard, and has a path to the beach. But his Camie. Good-looking girl with. They have a world. Man, woman, boy, girl—this family is one piece of the sense that they were born together, right at that spot.

#### FREDGY

**There's beer, laser, midwestern,** the men of the Malibu friends. He shows off Fredgy, his dog. They eat after another one of his estate party, de-pooling as when you ask, in a deep-drawing his pants to show off a black and white outline of his wife's perineum on his right thigh. Three times, pants on the ground, to show off the face of a woman who has yet to arrive at the party. It's all party after a 100 recognition bar when she does. He also has an octopus on his upper arm.

"He, too," I say.

"What?"

"I have an octopus," I say. "On my upper back."

"Get out," he says. "Let me check it."

And then, in one horrifying moment, I pull off my shirt, turn, and show him "Wala!" he shouts. And there I am—shirtless, at a dinner party at Matthew McConaughey's house. And so much as I want to be in it, to prove just that one flash of my wife and movie media, the last word, the woman the King of the Shirts has been. I'm going to be living from the water in the next five. They'll be too loudly. Every head around. And I turn like a hairy Bear. I define an auto-show variable.

"Nice!" McConaughey shouts. It's the only time he has the whole weekend. I'm party again.

#### CRARY

**Before dinner,** McConaughey leans on a granite circle with the Malibu friends and once for the new guy. I'm going to be, I'm going to be fifteen minutes to go to go, holding two people's heads—McConaughey is on my right, Paul, the string on my left, although I don't know it was Paul.

Among other things, he is glad I'm there.

Paul is present, says he is grateful for that.

I am so far from everything I know, so far from the people close to me that I can only make something about children's sense and chairs. They mean to like it. Especially Paul, who softly says "good job" when I finish. I just say, "Thanks, Alex." That's what they call her here. The whole thing takes about twenty-five minutes. The Malibu friends have a lot to be thankful for, and they know it.

#### INQUISITIVE

**At dinner he sits by me,** checks to see if I still fit. I welcome Camie too. Not to worry, I'll then. The Ting is long, Alex is in. McConaughey orders that fifth bite of ribs, one, five, eight. "Wala," he says, "I was thinking, earlier when I was talking about the camera, and the camera?" You might be tempted to call them



# EXTREME HEALTHY



TOO MANY AMERICAN MEN ARE UNHEALTHY AND DON'T KNOW IT. JUST LOOK AT OUR EXCLUSIVE SURVEY ON PAGE R3. SO WE FOUND THE MOST EXTREME FITNESS NUTS IN THE WORLD—MEN WHO TRAIN HARDER, PUSH FURTHER, STAY STRONGER—AND ASKED FOR THEIR HELP. THE GOOD NEWS IS, YOU DON'T HAVE TO BE AS EXTREME AS THEY ARE. JUST LET SOME OF THEIR INSANITY RUB OFF ON YOU. A LITTLE BIT OF EXTREME GOES A LONG WAY.

The man slips the heavy basement door and turns around. His fingers leave a smear of perspiration that, when he returns in a few minutes, will be gone, evaporated by the thick, stagnant air of this interior stairwell. Wearing a forty-five-pound weighted vest, his shirt dark with sweat, Mark Merchant, forty-four, who co-owns the gym upstairs, has just run up and down twelve flights of stairs five times—with the vest—and he's starting back up. Next to the third-floor entrance, a bright-yellow whistle hangs from the handrail, in case he becomes exhausted and needs medical assistance. Merchant passes it, breathing hard but solid. He has five more sets to go. Same as yesterday. ☐ For some reason, men are doing stuff like this lately. They're running—far and hard, up stairwells, in marathons and ultra-marathons, over mountains, across nations, and occasionally under barbed wire. They are swimming and biking, too. Sometimes all three, and sometimes all in one day. Whatever it takes to prove they're alive. It's as if all men old enough to have watched Bo Jackson suddenly felt an innate responsibility to make him look like a wuss. A one-dimensional wuss even. ☐ The statistics are pretty staggering (see the evidence on the next page), and not because they show that we're becoming a species of elite athletes. Everyday men running at their schlubby everyday paces have raised the median overall marathon →

PHOTOGRAPH BY ADAM VOORHES

**THE 2011  
EXPOSURE HEALTH  
SPECTACULAR**

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**PAGE 108**

What's new  
in the fitness world









# 3 WAYS TO LOSE 10 POUNDS

(AND ONE WAY TO LOSE 50)

IT'S HARD TO GO TEN POUNDS A'S MY H-E-S AN INDUSTRY  
BUSINESSMAN. I HAVE TO BE A SUCCESSFUL WHEN



## THE PILLS

By MICHAEL ROSENWALD

HOW EASY IS IT TO USE? **ON** | **HOW OF DIFFICULTY?**  
**HARD**

**D**uring my second week on the program, the burgers of my childhood taunted me in my sleep. Half-pounders, juice squirters—burgers so weighty that the slightest flipping error could cause them to crumble apart. My dad and I had a routine, I shaped the patties, he salt-and-peppered them, and whatever ground beef was left in the package we shared—raw—while he captained the grill. I hadn't seen a burger like ours in years, until Ray's Hell Burger opened in Arlington, Virginia, not long ago. Ray's burgers differed from ours in one critical aspect: They were heavier. We had been beaten. ¶ Already down six pounds and feeling pleased, I happened to be a few blocks from Ray's around lunchtime one day. A hamburger, I knew, was a ridiculous idea. But a turkey burger—I could eat that. I looked at the menu. Flipped it over. Turns out Ray's Hell Burger is a house of beef—no turkey on premises. I stayed in line. I thought, Come on. One burger is not going to ruin you. Then I saw the sign: CASH ONLY. So I took out my wallet to see if I had any flipping through. I saw my credit card—the same one a weight-loss doctor had just started swiping for \$269 a month to load me up on diet drugs. ¶ I walked away. ¶ Aside from a brief period in high school when I kept my weight low to try to get girls, I have spent my life as the guy nobody wants to see in their airplane now. I'm obese.

Not obese like those dead cats occasionally removed from their beds with a crane, but I've almost always needed to drop about a hundred pounds. Here in my problem, in the form of an anecdote. Three years ago, on New Year's Eve, I ate so much at dinner that I made my wife pull the car over because I felt like puking. I wish I could say that was the first time that happened. I love food. I love eating it, cooking it, watching TV shows about it. I eat out until I have to unbuckle my pants, and then I frantically text message friends with no strained list of what is digesting. "Gourmet fried chicken, truffled steak & cheese, banana pie with hazelnut ice cream. Gonna die."

Over the years, I have taken the following steps to lose weight: modeled in Jenny Craig, where I weighed in Fridays alongside middle-aged women who often wore spandex, enrolled at Weight Watchers, where I attended weekly meetings as a dispirited, shaggy, emaciated doglike middle-aged woman who spoke of "strategies for being strong," and sometimes cried, went on the Atkins diet, which for me was a never-discovered reward a sobering amount of compensation, spent hundreds of dollars on Slim-Fast bars, printed three grams that I printed a ton of a once a time, and devised an arrangement to donate six dollars for every pound I lost to children with cancer at St. Jude Hospital, with the comforting knowledge that I could never disappear so miserably ill kids.

I failed. Every time. Nothing worked for more than a month. These were bare consequences. My blood pressure rose that up so high that I spent the night in the hospital. A girlfriend dumped me, and one of the saddest reasons was that I had grown so fat that my weight no longer fit. Horrible, beautiful women (She was right, though I could still handle the hand.) My blood sugar has

flamed with diabetic levels. I developed insulinitis in my feet after collagen—they were holding up too much weight—and had to start wearing sneakers. My toddler son—yes, someone named the fat guy—called me last year. He said, "Daddy's the big man." He was smiling that wide, joyful, three-year-old grin. But I couldn't. It occurred to me at that moment that I might never see him like a puppy dog.

The year I saw it, there was only one solution: gastric bypass surgery. The surgery shrinks the stomach so drastically that eating anything more than a handful of food makes you hurt. That's what I needed. But surgery? I had been seen on TV about people who died from it, looked for all other options, and after my wife read something about a new program, I ended up finding my weight doctor about five minutes from my house—

it's actually a business called My Weight Doctor. The office is on the third floor in one of those cub-when-needed-and-office buildings that never have enough parking.

**A** year ago, I sat in the waiting room slumming my BlackBerry, waiting for my first appointment with Dr. Hal Shaban, an Iraq-immigrant who opened My Weight Doctor in 2008. The doctor's formula attempts to recalibrate the body's food needs using drugs: a combination of appetite suppressants, diabetes medications, high-dose vitamins, and injections of B-12 and fat-burning compounds. The suppressants control gorging. The diabetes drugs help process sugar more efficiently, leading to less weight gain and fewer cravings for carbs. The vitamins do what vitamins typically do. And the injections give the body extra help clearing out any clogging.

A nurse called me into an exam room and asked me to stand on a scale that had two metal sensors in the shape of feet. He said it measured not just weight but fat mass, body mass index, water weight, the works. I took off my shoes and socks and stepped on. The scale was silent. My toes curled a little. After about ten seconds the scale pruned out some dead-meat-sound except with my uterus. I almost felt queasy looking at it, like when my college grades used to arrive in the mail. My weight was 290. Half of that weight was fat. My BMI was 43. (A healthy score is 25–30 is obese.) Here was my fat, and foreseeable death, all on that tiny piece of paper.

Next I took deep breaths into a machine that measured my metabolism—twenty thousand calories a day would burn me my current weight, it said. The nurse drew six vials of blood. →



# LIVE HARD HEALTH HARD

A MAN WORKS OUT AS HARD AS HE CAN EVERY DAY. IS IT OKAY TO PARTY AS HARD AS HE CAN EVERY NIGHT? AN EXPERIMENT IN EXTREMES.

BY DAVID GUZURITO

## SYMPTOMS

In the wild. This, I remember looking at David Guzmán and thinking. That guy is good. He did pumping splits off a twelve-foot dead man and hardly broke a sweat. The guy could throw a leg behind his blood nose, serve your girlfriend from the 6th row while smoking cigarettes and slamming whiskey. He had paternity insurance, for chrissakes. I wanted all that. I wanted to be Tarzan, Sylvester, and Captain Kirk all rolled into one.

I've been active my whole life. My pleasure receptors, wherever they are, have to be fed constantly. There's a lot of running up mountains trails (I sometimes make my own), snowshoeing, hiking, rock climbing—anything outdoors. On mountainsides, I like to stretch myself up a cold hen, some good cheese. Some times I'll pack a flint of bourbon. If I'm with company, occasionally I'll pack a gun and use when that gets. I love to drink, and I have loved drugs in my life. I love pongue at night and having that first glass of Scotch, couple cocktails—it opens up the whole night. I occasionally have a smoke and shoot the shiz with a stranger outside the bar or restaurant. For out two or three nights a week, sometimes more. Last night it felt like I had about twenty drinks with the bone-in diet and creamed spinach. I ate my tailer today at 1:30.

## TREATMENT

I'm forty-two. And the faster, if I don't regularly work out as hard as my body allows—the same way I have to much in my body allows—I might be dead. Let's call it the Guzmán method, whereby one discipline counteracts the other: I beat my ass in the gym with the same effort as an uncutting a fourteen-year-old boy in the office. When I do pull-ups, I imagine that I'm hanging off the side of a cliff and if I don't do one more, I'll fall to my death. I feel as if I'm squeezing the poison out of my body with each drop of sweat.

Extraordinary working out when I was thirty-two, after one morning's evening/nooning in Vegas when I found myself missing a series of fights back to New York because I was at the Dew. Go poker table, high as hell. I don't even know how to play. Go for poker. Back home, I joined a gym and hired a personal trainer. My current trainer, Carlos Velasco, thirty-three, specializes in fitness and cock-sucking/pole-dance. Like cock-sucking is something like "Hey, man, that girl's looking at you! You don't want her to think you're a pussy!" He's not wrong. The "There's never a time around, but still, get to my adrenaline going."

## SAMPLE PRESCRIPTION

• Six-mile bike ride on a new machine called the Expresso, built

**HYPOTHESIS:**  
I CAN GO HARD ON THE PARTYING IF  
I GO EQUALLY HARD ON THE WORKOUTS.

only a bike/ride game on which you race a pacer through different terrain at different levels of intensity. In fifteen minutes we get my heart rate up to 90 to 95 percent (160 to 170 beats per minute) for an anaerobic result.

• On the basketball court, Carlos starts on two-toes, like a gymnast around my shoulder, connected to a long, heavy-duty rubber band that goes around his waist. Then he pulls up a forty-five-pound weight and yells, "Bast!" With everything I've got I run diagonally across the court, with Carlos in tow. It's as if he's water skiing and I'm the boat. I imagine that I'm running across a glacier and a crevasse starts to crack open under my feet, ready to swallow me. My heart feels like it's about to smash through my rib cage onto the floor, but I turn around and run back just as hard, narrowly escaping the crevasse again.

• Then I sprint as fast as I can about twenty-five yards and catch a football just in time to smash into the padded walls. I walk back after throwing the ball to Carlos, and as soon as I reach him, I sprint out again to catch it. This happens five times.

• Back to the water-skiing routine another four times. Pulling, opening, pulling, opening, pulling, opening, pulling, opening. • Something we call Spider-Man push-ups. Imagine a Spider-Man climbing up a wall, but make the wall horizontal. Now go the entire length of a basketball court and back, with a little push-up as you reach your right elbow in your right knee, and vice versa. • At this point, Carlos is done turturing and he's now moved on to some kind of housewife in desperate need of a towel. I go back to the Expresso machine for a ten-minute, long, fast burning ride. I push in a new schedule and keep my heart rate below 160 beats per minute so no more cut-up muscle. This takes about thirty minutes, and I always do when I know I won't be hitting the gym next week. I'm completely wiped out after this, every muscle trembling from exhaustion, and I feel great.

## PROGNOSIS

The work hard, play-hard diet is working. Carlos thinks my nighttime habits interfere with our goals, but he also says I trust the hardest of any client in the gym. My doctor says I'm in great shape. I am ten times a year for blood work and checkups. Aside from a couple of lipitor, which I've told address problems that are mostly heart-related, everything checks out.

Just watch. I'll drop dead in seven to ten to this is published. Here lies David Guzmán. What a asshole.

Carlos a recipe for disaster, by the way, is coconut water, 8-12, and sweet.

## A NOTE FROM THE DOCTOR:

"If you want to have a stroke, obviously Dave, twice a month it has to be like hell anything in his life. You need structure. I do recommend people get a trainer I want through a myself. I signed the most weight, get a cushion

dropped fifty pounds. I lost what I want. The Super Bowl, I had chicken wings. I'm sweating and I feel great. We're generally made to exercise. Get your heart rate up—depending on a few factors—to 90-95 percent for twenty minutes five or six times a week. It pushes the sugar into the blood

off so we don't develop diabetes. It releases endorphins in setting better, we have better sex. When you're young, it's important. As you get older, it can be life-saving. If you're into swimming, spinning class, whatever. There was a fascinating study—they looked at people who ran across

thons and are in super shape but only exercise on the weekend, and it turns out they're not as healthy as people who do a little bit every day. Exercise makes a huge difference. Guzmán is doing great. It's motivation. This is human physiology 101." —Karen M. Bellamy, David Guzmán's physician



## WHAT I LEARNED FROM THE CRAZIES

FIVE LESSONS IN EXTREME HEALTH

By A. J. JACOBS

**T**here's a saying they had in the old country: The middle of the road is only good for horseshit. ¶ It's a great quote, even if I don't agree with it. I actually quite like the middle of the road. Extremism scares me. Scars the horseshit out of me. In fact, ¶ But I also see the point. Because I know that the system has its uses. After all, those guys with the wings and the feather pants who founded our country? Extremists. And the growing number of men who participate in ultramarathons, death races, and other crazy-sounding athletic activities? Extremists who are probably in better shape than you are. ¶ The good news is that you

don't have to do the way-over-the-top things they do. In general, if you pluck the choice bits from an extremist agenda and toss the crazy talk and persona, then you've got yourself some useful rules for living. And this is particularly true when it comes to your health, because even slight changes can have huge payoffs. As it turns out, there are a lot of health references out there, and like most references, they're not hard to find. I found some, holed them out, sampled their wares, and distilled their best philosophies into five things that normal people can (and dare I say, should) do. Here's what I learned.

### 1. CHEW YOUR DAMN FOOD

**A few months ago,** I spent fifteen minutes eating a snack. Which may not sound that bizarre, unless I tell you that the snack was, in its entirety, a single blueberry. For fifteen minutes.

I was dining with the leader of the Calorie Restriction movement, Dr. P. Kristiansen, upon that as an extremely low-calorie diet extends your life span. There actually is some scientific evidence to back this idea up, though most of it is from experiments with animals (such as mice and monkeys.) And when you're eating a mere seventeen hundred calories a day, you've gotta make each of those precious calories last.

Which is why we meditated on how the blueberry felt against our cheeks and the roof of our mouths, and the texture of the blueberry's skin, and so on and so on.

I learned that blueberry is a bloody pulp. I'm not sure we should eat all of our meals in sugar-free isolation, or else maybe we should wait till all day, but I can say that this guy has a point, at least.

Americans are wicker-downers. We need to get something. Chewing has two advantages. First, you get more nutrition. A recent study showed that those who chewed almonds twenty-five times digested more of the good unsaturated fat than the speedsters who chewed only ten times.

But more important, chewing makes you thinner.

Your body, God bless it, is dumb and slow. It takes your stomach twenty minutes to send you the text: "I'm full!" Average forward motion has shown it at the slower pace, the fewer calories you intake per meal.

You can find plenty of medical pro-chewing advice on the Internet. These pro-funders of Chewingism—in one call to it—make some outrageous claims about chewing's health benefits. (It cleans your mouth. It gives you energy.) Some also direct you to chew as many as one hundred times—which is bonkers. I tried it, and your carrots turn to liquid and slide down your throat long before you break the century mark.

But as a follower of reform Chewingism, I can swear that it has helped me lose several pounds.

**LESS EXTREME VERSION:** Try chewing each bite twelve times. **Just a taste:** You'll be surprised how much it slows down your eating.



### 2. ACTUALLY RUN ERRANDS

**It's among the most sophisticated phrases in the English language:** "running errands." We don't run errands. We walk errands. We drive errands. We make sure our fat asses expend minimal energy while we do our errands. But for the past few months I've been on a mission of firmness. I have been running errands. I run to the drugstore, then I run home. I run to the grocery, to the butcher, to pick up my kid at school.

This came about partly because I was fed up of the gym. The pounding Lady Gaga music, the pay on the next treadmill leading to a really, really terrible but over-greased center of other people's sweat—it's not far me. So I've been practicing what I tell my friends to do. I've been practicing what I tell my work to do. I've been practicing what I tell my spouse to do. When I get home, I climb the stairs to my apartment instead of taking the elevator. When I'm at the airport, I treat the slowest of the human conveyor belt and actually use my own legs to propel myself forward. Hence, I lose.

But my favorite to running errands. Granted, running errands has some downsides.

You can sweat through your clothes. (I usually carry an extra pack of clothes.) It can take longer than driving to errands by car or bus—though not always, especially if it's a ten-block or less errand. And running errands can take an act of will: You have to force your recalcitrant legs to start pumping.

But, the upside. For one thing, it creates the path about a legging the gym. For another there's a feeling of efficiency—you're packing your day full. While running, I listen to audiobooks, a brilliant podcast about science, on double speed. Sound mind and all that.

Most important, you burn more calories, which has been hugely helpful in my quest to lose my perpetually two-months-pregnant-seeming belly. Studies show that for men, running a mile burns about 124 calories, while walking the same distance burns only 86. My spouse alone showed the same. A six-kilometer jog to the drugstore burned 414 calories.

Walking the errand? Only 17.

To cut errands, you need to fix your attitude. You have to knock down the wall between "exercise time" and "the rest of life." As research firms back I'm writing, I recently spent a weekend with a bunch of self-described couchers. They try to exercise like our hunter-gatherer forebears did. We ran around Central Park absent and shortless, hiking logs and climbing trees. It was good. Psychobitch fun, at least for a weekend.

I won't be adopting the couching workout. But they're right about one thing: The idea of "exercise time" is a particularly modern notion. Before the Industrial Revolution, exercise was woven into life, not separated into upright containers. And this is probably a healthier outlook. The world is my gym. ➔











FROM CRICK AND WATSON THROUGH  
J. CRAIG VENTER, WE HAD ALL OUR EGGS IN ONE BASKET—  
MOLECULAR BIOLOGY,  
GENE MAPPING, WHATEVER YOU WANT TO CALL IT. IT FAILED.  
AND NOW WE'RE COUNTING ON **THIS GUY**.

## ADVENTURES IN **EXTREME** SCIENCE

**THERE MAY BE ANOTHER SCIENTIST IN THE WORLD** as smart as Eric Schadt. After all, scientists are a pretty smart lot, even though you'd be surprised at how few want to change the world, and how many of them have the insidious souls of brilliant, dorkish clerks. Those that won't be another scientist to the world as popular, as in demand as Eric Schadt, even though Eric works hard at everything he does, including his popularity, and is engaged, at any given time, in at least ten collaborations with other top scientists, not to mention the production—just last year—of a prodigious thirty-five sci-entific papers, not to mention the delivery year in and year out, of about forty talks and presentations after receiving tributes to deliverers in their hundreds. (You'd also be surprised by how social a lot of scientists are, and how many parties they go to.) But if you're looking for a scientist whose great popularity rests in tirelessly writing papers and delivering speeches whose implicit and sometimes explicit message is the most resonant words in his field is that they're wrong, that they're failed, and that the best way for them to stop wasting their lives is to follow him in a scientific revolution that he ad-

By Tom Junod

Photographs by Douglas Adesko

ESQUIRE

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## WOMEN WE LOVE: WOMEN WHERE THEY LIVE

STACEY

32 ACTRESS WIFE

A notable photographer—and frequent contributor to *Esquire*—has started this thing we like: [metamysplace.com](http://metamysplace.com). He photographs women in their own homes, in their own clothes, at their invitation. The results are a little different from most professional photography of beautiful women—a little more interesting, more revealing, more intimate.

CHUCK GEE

← 21. EXCITING ASSISTANT

he man behind the camera is an internationally known photographer (who wishes to remain anonymous), but most of the dozens of women he's photographed for his *Me in My Place* project ([insaneplace.com](http://insaneplace.com)) don't know that. In fact, his first subject was a woman he saw on the street last May. He ended up photographing her in her own apartment a few weeks later. He posted the photos from the shoot online and was overwhelmed by the number of women who began contacting him. "I don't know any of them. They e-mailed me, and afterwards I would talk to them on the phone before arriving at their house." The women wear their own clothes, do their own poses, and there's no one else present. "There's a little bit of vulnerability at first, and then you just jump right into it. The girl is underwear is just a trick to get you to look, but really the reason why you're looking is because you're seeing an authentic person in a true thing."

Photos from a special *Me in My Place* shoot commissioned by *Esquire*—including Stacy Keebler, Samantha Lockwood, Natalie Teal, and Sarah Shiba, shown here—will appear regularly on *Esquire.com*.



12 KARA

25 THELMA

40 CAMERON

57 AUSTIN & WENDY  
PHOTOGRAPHED TOGETHER

60 NATALIE

70 KYLE & JESSICA

81 SARAHINA

93 PHOTOGRAPHED THREE TIMES

100 JULIAN

111 SARAHINA







1. **EMILY DESCHANEL** (p. 102) — "She's got a great sense of humor and a great sense of style. She's a really fun person to be around." —*Chris Rock*  
 2. **AMY POEHLER** (p. 103) — "She's a really fun person to be around. She's got a great sense of humor and a great sense of style." —*Chris Rock*  
 3. **DAVID DUKAKIS** (p. 104) — "He's a really fun person to be around. He's got a great sense of humor and a great sense of style." —*Chris Rock*  
 4. **CHRIS ROCK** (p. 105) — "He's a really fun person to be around. He's got a great sense of humor and a great sense of style." —*Chris Rock*  
 5. **CHRIS ROCK** (p. 106) — "He's a really fun person to be around. He's got a great sense of humor and a great sense of style." —*Chris Rock*



**DU SHAM**

30. ACTRESS AMY POEHLER

↑  
121. LUCIE

↑  
20. LUCIE

↑  
121. EARLW

31. THE PROTESTANT



For more photos, visit [www.fox.com](http://www.fox.com)



Draw with tightly  
structured, lockers,  
like blue collars,  
always straight, just  
pencil and no collar  
on a shirt.

## STYLE

THE JACKET  
ALWAYS OUTRANKS  
PANTS, SHIRT AND  
TIE, THE BUSIER  
THE PATTERN, THE  
PLAINER THE REST  
OF YOUR OUTFIT  
SHOULD BE.

Overseas  
Wedding: From  
birth of love  
with good news  
you have a new  
communion  
(K&L) and with  
strength (L&K)  
by Peter in April  
I mean with  
of love  
From love  
and love (L&K)  
I mean with  
of love (L&K)  
and love (L&K)

There's always a secret to a great off-duty look: a great inner dress designer. He's a really subtle one, and he works on other office wear.

On Gwyneth  
Dunham Lane 20,  
crystal-embellished  
Tie: Isaac  
Mizrahi (2009) by  
Kazuo Sugita.  
Tie: vintage (2009) by  
Ralph Lauren Purple  
Label with tie  
(2009) by Dado  
n's, all from 2009.  
Tie: vintage (2009) by  
Dado n's, all from 2009.  
Tie: vintage (2009) by  
Dado n's, all from 2009.

On the Leonard, 20,  
photographer "Wol-  
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n's, all from 2009.  
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# MT

MORROW WONDERED IF HE MIGHT BE ON die because of a beautiful girl from his teens he'd loved but the nerve to approach. This thought pre-occupied him as he collected coins from the campfire ashtray and watched shadows on the hillsides for odd patterns, shifty movements, studied parked cars he wasn't sure he recognized, or looked into new faces for any intimation of treachery. He walked about quickly but fought the urge to assume a crouch when crossing open spaces. He was most concerned about ambush when he collected coins from the campground laundry and had his back to the door, or helped beach a canoe that arrived as the gloaming settled. Sometimes he made himself a target at twilight on the riverbank while looking downstream toward Spawt Mill, where in a single summery moment she became fixed in his desires as the





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### Twin Forks

[illegible][illegible]

He drinks whiskey that night, the first time since leaving Siberia. Some of the campers had long since diagnosed him with cuts, fading wares, carefree laughter, husbands fishing somewhere and back. At the supper house he is surrounded by new team buildings, paper cup of Scotch on the rocks, tipping, eye making, speech beginning on him, enjoying the usual company of women who would not be around for the last. The women looking highly along the ridge line, but were driving from the border.

He returned to the store, called his eldest daughter at school in Palo Alto but went to work and left a message. "Don't be strange to yourself," he said. Overall, I mean, don't be. I'm fine." When he dropped the phone, Rayon took the cup from his hand and set it beneath the counter. He said "No more."

sweetest dipper in Devil's Acre, Mr. Monroe looks like you got something there."

[illegible]

Morrow went down the steps, waving first away and approached the car. He could see four heads inside. "What the hell you think you're doing?"

The music was loud and the singer belted. The floor danced around him slowly spaced. The driver said, "You cannot sit!" Both men were tattooed in script, and held machines with a steel flat screwdriver and tool, long hair, narrow faces. The groans of women carried from the bedroom, "I see you are down for music, one to front of kitchen."

The compressed quartet had soul-wrenching, unimpaired witness provided by dust, and Morrow jerked toward the front steps with more. He said, "Just drive away. Get in and drive away."

"That might mean shit to somebody, but "

On the top step, Morrow passed. His legs felt swollen at the joints as he struggled a little and something would feel plumped. When he reached his hand toward the silver ring set in his fingers shook. "Just get," he said, but they kept coming, though not quickly, suddenly in their swallows, too. Morrow eased up from behind and headed Missouri his left leg, a 20 gauge pump meant for quail and dove. He said, "Throat's up, fingers—they ain't playing!" You might need to shoot the two off."

The women clanked from the heater and stood beside it, the older splashed red in protest of the west, the younger dark and expressionless maroon. Monica looked back and could not believe how pretty her eyes were—what color is that?—she couldn't believe he'd noticed, his sharply fixed gaze lit while you lost in her eyes and presence, natural. "Close your eyes."

The men huddled at the waist, looked at each other, laughed till they bent in the middle, and had to lean together. The machine tilted forward. The driver turned to the rear mirror, "Toss me keys to the trunk."

Rayon said, "Don't let them open that trunk. You won't want that."

"You open that trunk and I'll kill you," Brian said. "I don't know where those woods were coming from, but he let them come, hoped for them to continue, wondered what they'd do all his life. He could feel her watching. I thought you, where you stand."

The girl bent into the car and took the keys with her as she walked toward the bridge. In jeans, sneakers and a dress that didn't fit her body on the season, she did not speak but looked back at Morrow twice, glancing over her shoulder like she had muddy hands and worried hair, and her face suggested she'd just been pleasantly surprised by life.

The men stood beside the car and the driver, and, "Man, I'm digging you a hole already my head!"

"That don't mean."

"I hope it's dug to fit you, 'cause you're  
gonna be dead in it a long time."  
"Lower your voice, you're scaring the  
children."

When the sheriff appeared at the top of a hill, the driver led into the mouth. The hot man on the back seat held his hands behind his back. The sheriff took charge, lifted the man by the arm as he looked him in the cuffs. The woman gave short gasps at the value and the sheriff removed three weapons under dramatic study from the trunk before he let them drive away. He smiled next, but in hand and warned Morrow in whispers. As the sheriff departed, a crowd of onlookers burst into applause for the law, the capture and a broad smile. After returning to the car seats while still in daylight, a largely different version of what they'd seen.

The windmill grows dark and Morozov mutters, *svetlo* (light), *svetlo* (light) again; a study well. He begins to shake in every limb as he treads down. Kolosov is in the doorway staring at him. He kneels behind the magnet and puffed-bread the cash register. "Svetlo!" he shouts at the giddy clatter and whirled map. He stood in the shadow cast by the mill's head on the wall, then shoves the top into the mass and begins to work. He said "Langer!" probably scramble away to grasshopper's house. That's where he usually goes to hide. His map will have forgotten map goes by the name forgets there. But map-  
"!"

"You go on home," Marrow said. He stood still, holding the map in his own hands. "The girl."

That night he paced near the big window watching for the man, hoping to find him near. Whenever he'd happen passed the street, he opened the door for a close view and passed and kept a lookout for the man but in thinking of the girl, the girl he'd seen long ago and the girl he'd seen in the dark doorway they became the same girl there as a looking of them and now, her and her, and a combination of fresh excitement and close kept. Minnow's weak arm in down he turned the thought against the first but the heavy from and down into the river to swim a moment. \*

Eric Schadt

[continued from page 117] moko, advertising and had several lawsuits in part to address its misadventures, and, unfortunately, its failure to deliver drugs to the marketplace. They were looking for the future. And so when I found friend and Eric Schmidt, he was so generous with "dozens" literary like questions—enough that we are always logical, but they're correct. You talked to Eric and you said to yourself, Oh, my God, I can see what's going to happen."

Scheldt went to Bowser, and then, when Merck bought Kanamycin, he went with Finkel and a team of fully-scientific New Biologists to Merck. At the time, Merck was a monoculture-biology company. It was using the linear technology of molecular biology to figure out proteins to target and what drugs to develop. The multi-technique is called the "connective study". The multi-technique is called the Kanamycin's special.

ic gene "knocks out" the gene on the level for the purpose, to see what happens. Schmidt and Weidlich thought the strategy was hopeless. Not only are there twenty three thousand genes to be knocked out one at a time, there are also eukaryotic cells in which the drug you develop to do a single process encoded by a single gene instead has a network of genes and proteins all working together in any given cell in a variable context.

The use of aerobics was not original to Ireland. What was original to Ireland, however, was the knock for Irishness and proving their existence. How could he find someone that was not just a visible but a culturally visible, something thousands of pines and theodolites could tell? Well, the story was, and as everyone can see the places where the trees are, other than the places where the mountains are, the places where the trees are and the places where the trees are, they're exploring. They just know they're out there in the mountains like the rest of the trees.

And that's how Delbalt proved the existence of biological networks. He developed algorithms to mine Merck's massive troves of biologic data, and he began finding genetic networks through statistical correlations. Were the networks mostly hierarchical? To the contrary. They were "highly polycentric," experientially—that is, they could predict the success or failure of therapies and interventions. And soon 2004, he started publishing the papers that, in the words of a Merck scientist, "advanced the economic logic

in *London*, "and at the same time became the foundations of the New Euzkay. What's more, he and his team began using the networks they were finding to figure out which ones were the most important, and they were responsible for 'holding the drugs' in the heroin pipeline. What's more, long before GlaxoSmithKline ran into problems with Avandia, it had predicted that a similar drug, terfenadine, was developing would fail for the same reasons—because it would lower the risk of diabetes but

increase the risk for cardiovascular problems and the fact alone proved that the New England could use pharmaceutical companies' financial aid. And then, of course, he and Viscusi wrote into Merck's New England company that, by adding drugs to its company that were sold in states without a state drug board, Merck could avoid the state drug boards that required new drugs to be tested on children. The problem with that, Merck was still an old-school company. The drug was popular—including the drug used to fix fertility in women—but targeted aging groups. And so when defendant Treadwell made his presentation, that was Merck's response: "We're not an information company." And then, in 1989, Merck's chief medical officer in New England, Dr. Nathan Viscusi, wrote in *Scientific American*, "The New England and Connecticut Societies"—a paper that implied the drug company's special programs were designed to address "well, that was the price that we had to lock out of Merck."

**Hillman** to do his supercomputing job later on, because that site was place where he's about, like hill access in a supercomputer at Mervel, but he and Freund left Mervel in 2008 after negotiating an agreement to raise the New Biology component, with them—including the millions of dollars' worth of data necessary to contrast their work—left from a large data bankwork. He will avoid the capacity of a supercomputer, but he'll have the capacity of the data generated by the network's big exploring its inordinate, overwhelming. Their involvement, data, priorities of data. Fortunately he has the same access to compute computers that every other American without Internet connection and a credit

[illegible]

He likes to talk about the kind of stuff he craves at one of the ways he makes his rule. A lot of people are afraid of the Agony Information. They think things are going to be bad no matter how good, and they're not. You think scientists are amazing? You think diplomats are amazing? No, they're really amazing, because they're the kind of people who are more complex than the thought, and they're more complex than the world in general. And what's the best way to do it? It's not only to be

philosophers and scientists deal with the problem of increasing complexity, but a vital social complexity and has gotten biologists to relax and work on it, in the words of Stephen Finkel. "That's the good thing, because the complexity is just going together worse. But first give you understand that it's out of complexity that patterns derive. That complexity is not the enemy but the vehicle of understanding and embracing it." Show you problems. You talk to him and he makes you think, Oh, this might come out all right after all."

Schmidt has told the New Biology by making biologists feel that if they change biology, they can change the world. But he also makes it clear that as the world changes, it will change biology: whether biologists like it or not—whether we want it or not. In the meantime, he has no idea for what he calls a "disease weather map" that will indicate people who have kind of pathogens are on the lambshead of the vaccination, say, at the San Francisco airport.

to the question on the bus drivers. The idea would have been laughable just a few years ago, but it's hardly too late to think about it. It's doing it, with the *For the Birds* (H) as a model, that we're getting a glimpse, and a questioning about more or less instantly. It's an extension of Schell's vision to expand the network model of human disease to include the threat of infection in the population as a whole, the network of genes and viruses. The network of the virus with some of the network, which has led to a vision of measuring the pathogens that pose a threat of infection in the population as a whole. The network of the virus with some of the network, which has led to a vision of measuring the pathogens that pose a threat of infection in the population as a whole. The network of the virus with some of the network, which has led to a vision of measuring the pathogens that pose a threat of infection in the population as a whole.

Does anybody want a world of psychopaths, surveillance, and rampant officers? Well, TALKER does, heh—he says—they're overrated. And he's not overly concerned about everybody else. He's a revolutionist, and what he knows about revolutions—scientific and otherwise—is that "it's about to be one of the drivers of the revolution, and there it will work itself out." What he knows about revolutions is that "there's always that energy but the revolution matures on. And I would rather be part of the revolution than on the outside figuring out what it means."

And then what? Eric Schmidt really ally all about—only he wants to be a “master of information,” instead of a newly a scientist. The New England in the New World, and he wants to be part of both. He wants to be one of the people who help other people figure out that information overload is not the enemy, if you know how to read it (and how to interpret it) well. He wants to be part of what he calls a “revolution in human thinking.” He wants to be the sole, area of what’s called a “new” war on many fronts. He wants to get into two high M&A. He wants to get into the field? He wants to be the world’s greatest complex in that point of complexity? He wants to, baby.

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FIRST DETAILED RESULTS FROM THE 2010 COUNT OF THE AMERICAN POPULATION  
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### 1. NUMBER OF FAMOUS PEOPLE



### 2. FAMOUS KARDASHIANS



### 3. NUMBER OF NECK TATTOOS WORN BY PEOPLE NOT IN PRISON



### 4. MEDIAN AGE OF POP SINGERS



### 5. NUMBER OF BONNY AND CHER'S SONS



### 6. DOUGHNUTS IN A EATER'S DOZEN



### 7. NUMBER OF VISIBLE VEINS IN MADONNA'S ARM



### 8. NUMBER OF PEOPLE PER DAY WHO SAID "WHASISSUSLFFTTTTT"



### 9. TOTAL NUMBER OF FUNNY THINGS GEORGE LOPEZ SAID



### 10. RECOGNIZED MARK MCOWIE HOME RUNS



### 11. AVERAGE AGE OF PEOPLE WHO USE AOL



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